

Phase 3: Restore

Condiments and Oils	Amount	Check
Safflower Oil	1 oz.	<input type="checkbox"/>
Grains, Seeds, Nuts, and Legumes	Amount	Check
Tempeh	1 block	<input type="checkbox"/>
Herbs and Spices	Amount	Check
Cayenne Pepper	1/2 tsp	<input type="checkbox"/>
Cilantro-fresh	1 bunches	<input type="checkbox"/>
Curry Powder	1 tsp	<input type="checkbox"/>
Paprika	1 tsp	<input type="checkbox"/>
Fruits and Vegetables	Amount	Check
Asparagus	2 small bunches	<input type="checkbox"/>
Avocado	2	<input type="checkbox"/>
Baby Lettuce Mix (for salads)	1 to 2 bags	<input type="checkbox"/>
Baby Spinach	1 bunch (3 cups)	<input type="checkbox"/>
Beets	1	<input type="checkbox"/>
Bok Choy	1 small head	<input type="checkbox"/>
Broccoli	2 small heads	<input type="checkbox"/>
Cabbage-Napa	1 head	<input type="checkbox"/>
Carrots-grated/shredded (optional for salads)	10 oz.	<input type="checkbox"/>
Carrots (for recipes)	9 to 12	<input type="checkbox"/>
Cauliflower	1/1 large head	<input type="checkbox"/>
Collard Greens	1/2 bunches	<input type="checkbox"/>
Cucumber (1 for recipes/ optional for salads)	1 to 3	<input type="checkbox"/>
Cucumber-English	1	<input type="checkbox"/>
Delicata Squash	1 small	<input type="checkbox"/>
Fennel Bulb	1	<input type="checkbox"/>
Green Beans/String Beans	3/4 pound	<input type="checkbox"/>
Green Onion	4	<input type="checkbox"/>
Greens-Kale, Collard or Swiss Chard for Braising	1/2 bunch	<input type="checkbox"/>
Jalapeno	1 small	<input type="checkbox"/>
Jicama (1 for recipes/optional for salads)	1 to 2	<input type="checkbox"/>
Kale (1 bunch for recipes/optional for salads)	1 to 2 bunches	<input type="checkbox"/>
Lemons	about 3 (for juicing)	<input type="checkbox"/>
Limes	about 3 (for juicing)	<input type="checkbox"/>
Red bell pepper (2 for recipes/optional for salads)	1 to 2	<input type="checkbox"/>
Red Onion	1 small	<input type="checkbox"/>
Seasonal Fresh Fruit-your choice (should be lower glycemic-berries, papaya, melon, peach, green apples, etc.)	14 to 21 cups/pieces	<input type="checkbox"/>
Seaweed-Arame or Hijiki	4 oz.	<input type="checkbox"/>
Spinach (optional for salads)	1 bunch	<input type="checkbox"/>
Sprouts (optional for salads)	1 bunch	<input type="checkbox"/>
Sweet Potato	1	<input type="checkbox"/>
Swiss Chard	1 bunch	<input type="checkbox"/>
Tomato (optional for salads)	1 to 3	<input type="checkbox"/>
Tomato-Cherry	10 to 12	<input type="checkbox"/>